



## Discover your raleigh parks and recreation Department

### Green Road Community Center Fall 2011 Classes

#### Youth Classes

**Cheer and Tumbling Birthday Parties:** (ages 4-13) - Cheer and Tumbling Birthday Parties, where gymnastics and cheer are combined with music, dance and synchronized energy. You're already a Cheerleader / young gymnast, or intend to become one? Here is a great opportunity to see what it's like! You will enjoy one hour of Gymnastics from one of our talented cheerleaders from NC State, and one hour in a private room where you can enjoy food drinks and games. As an added bonus Green Road will provide the participants with goodie bags on your way out.

**Please call Green Road at 872-4140 to reserve your space, date and time!**

Class Fee: \$150.00

**Football (and other Sports) Birthday Parties:** (ages 4-13) - Touchdown, Goal, Homerun!!! Sports Birthday Parties, where football, baseball and basketball are top dog! For your party, you will be able to choose which sports theme you want to celebrate! You will enjoy one hour of activities for that sport, and one hour in a private room where you can enjoy food drinks and games. As an added bonus Green Road will provide the participants with goodie bags on your way out.

**Please call Green Road at 872-4140 to reserve your space, date and time!**

Class Fee: \$150.00

**Karate - Traditional Okinawa Shorin-Ryu:** (ages 6-12) - This class teaches the student the blocking, punching and kicking techniques of traditional Shorin-Ryu karate. The student will learn the weapons of karate such as, the bo, sai, nunchaku and tonfa. Forms (Kata) and sparring techniques will also be taught, along with ground grappling applications for self-defense. The important benefit to this class is that the student will be equipped with the skills and self confidence that will enable them defend themselves and their love ones against attacks. Another important benefit is that the participants will learn the basic disciplines of martial arts which include courtesy, modesty, perseverance, self-control, exercise and respect.

#113002	Sept 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm
#113003	Oct 3—28	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm
#113004	Nov 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm
#113005	Dec 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm

**Baseball Skills for Beginners:** (ages 6-9) - Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing, and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

#113949	Sept 3—24	Class Fee: \$40.00	Saturday 9:00 am—9:45 am
#113950	Oct 8—29	Class Fee: \$40.00	Saturday 9:00 am—9:45 am

**Basketball Skills for Beginners:** (ages 6-9) - Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

#113951	Sept 3—24	Class Fee: \$40.00	Saturday 10:00—10:45am
#113952	Oct 8—29	Class Fee: \$40.00	Saturday 10:00—10:45am





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#### Youth Classes (continued)

**Basketball - Elks Hoops Shoot:** (ages 8-13) - Join us for the local competition of the Elks Hoop Shoot National Free Throw Contest. Competition is divided into three age groups for boys and girls. The top two winners in each age group will advance to the City Championship. Age as of date is 4/1/11. Participants must check in by the listed start time and pre-registration is required.

#112441	Dec 10	Class Fee: FREE	Saturday 1:00—3:00pm
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**Cheerleading - Alpha Wolves (Intermediate Cheer):** (ages 9+) - We are always striving to have a fun, exciting, and safe learning environment in our cheer classes at Green Road. We know the best formula for success is to have the perfect instructor leading your class, that's why Christine Baker and Olivia Blackwood who are currently Cheerleaders at North Carolina State University are our AWESOME INSTRUCTORS! Students will learn intermediate tumbling and routine building skills, learning stunts, motions, tumbling and jumps!

#113443	Sept 12—Oct 3	Class Fee: \$40.00	Monday 4:15—5:00 pm
#113444	Oct 17—Nov14	Class Fee: \$40.00	Monday 4:15—5:00 pm
#113445	Nov 21—Dec 12	Class Fee: \$40.00	Monday 4:15—5:00 pm

**Halloween Spooktacular:** (ages 0-10) - Ages 10 & under. Halloween fun for kids. Join us, and participate in a variety of activities and games. SPACE IS LIMITED. Pre-registration is recommended. All participants must be accompanied by an adult.

#111954	Oct 24	Class Fee: FREE	Monday 6:30—8:30 pm
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**Gymnastics - Tiny Tumblers:** (ages 4-11) - This is our introductory gymnastic class for youth! This class is designed for those for the interest but have little to no background or little experience. This class will include, but not limited to stunts, tumbling, balance, dance and coordination. Little to no experience required.

#114757	Sept 12—Oct 3	Class Fee: \$40.00	Monday 12:15—1:00 pm
#114762	Oct 17—Nov14	Class Fee: \$40.00	Monday 12:15—1:00 pm
#114763	Nov 21—Dec 12	Class Fee: \$40.00	Monday 12:15—1:00 pm

**Ballet Basics III:** (ages 6-8) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their own creativity and expression. Six year olds that have already had Ballet Basics II are allowed to register for Ballet Basics III.

#115844	Sept 3—Oct 15	Class Fee: \$70.00	Saturday 12:00—12:45 am
#115845	Oct 29—Dec 17	Class Fee: \$70.00	Saturday 12:00—12:45 am

**Weather Bound:** (ages 5-11) - Need a structured place for your children to play when Wake County Schools are closed for the day due to inclement weather? Program hours are 8:00am to 5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Pre-registration is recommended. Space is limited. Please call us at 872-4140 to find out whether or not we will be having the program when Wake County Public System closes due to inclement weather.







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### Green Road Community Center Fall 2011 Classes

#### Youth Classes (continued)

**Cheerleading - Red Wolves (Elementary Cheer):** (ages 6-9) - We are always striving to have a fun, exciting, and safe learning environment in our cheer classes at Green Road. We know the best formula for success is to have the perfect instructor leading your class, that's why Christine Baker and Olivia Blackwood who are currently Cheerleaders at North Carolina State University are our AWESOME INSTRUCTORS! In the Red Wolves Elementary Cheer class both beginner and intermediate tumbling skills will be taught as well as jumps, motion sequences, cheers, basic stunts and dances.

#113439	Sept 12—Oct 3	Class Fee: \$40.00	Monday 3:15—4:00 pm
#113440	Oct 17—Nov 14	Class Fee: \$40.00	Monday 3:15—4:00 pm
#113441	Nov 21—Dec 12	Class Fee: \$40.00	Monday 3:15—4:00 pm

**Gymnastics - Private Lessons:** (ages 4-13) - Green Road Private and semi-private gymnastics lessons accelerate and enhance learning while overcoming obstacles in the learning process. Enjoy Private and semi-private lessons with our talented instructor Emily Guarneri, who just happens to be a NC State Cheerleader is available!! Class Fee: \$60.00

#114815	Sept 12	Monday 2:00-2:45 pm	#114864	Oct 17	Monday 4:00-4:45 pm
#114828	Sept 12	Monday 3:00-3:45 pm	#114865	Oct 17	Monday 5:00-5:45 pm
#114830	Sept 12	Monday 4:00-4:45 pm	#114866	Nov 21	Monday 2:00-2:45 pm
#114832	Sept 12	Monday 5:00-5:45 pm	#114867	Nov 21	Monday 3:00-3:45 pm
#114836	Oct 17	Monday 2:00-2:45 pm	#114868	Nov 21	Monday 4:00-4:45 pm
#114863	Oct 17	Monday 3:00-3:45 pm	#114869	Nov 21	Monday 5:00-5:45 pm

**Volleyball - Youth:** (ages 6-11) - This class is designed for students who already have basic knowledge of volleyball. The purpose of this class will be to further develop all the basic concepts as well as work on defensive and offensive strategies, seeing the court and making effective plays. Little or no experience required.

#116626	Sept 9—25	Class Fee: \$60.00	Fri 3:45—4:45 pm, Sun 3:15—4:15 pm
#116643	Oct 7—23	Class Fee: \$60.00	Fri 3:45—4:45 pm, Sun 3:15—4:15 pm

**Volleyball - Hitting/Blocking Clinic (Youth):** (ages 6-11) - This class is for beginner students who would like to learn how to overhand hit, learn an approach and the basics of blocking.

#116640	Oct 18—20	Class Fee: \$20.00	Tue 3:45—4:45pm, Thurs 3:45—4:45 pm
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**Volleyball - Serving/Passing Clinic (Youth):** (ages 6-11) - This class is for students who want to focus entirely on the fundamentals of serving and passing, starting with underhand serving and progressing (if applicable) to overhand serving, learning the rotations, as well as learning the basics of serve receive and defense.

#116641	Oct 4—6	Class Fee: \$20.00	Tue 3:45—4:45pm, Thurs 3:45—4:45 pm
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**Volleyball - Setting Clinic (Youth):** (ages 6-11) - This class is designed for students interested in the basics of setting, necessary footwork and agility skills.

#116642	Oct 11—13	Class Fee: \$20.00	Tue 3:45—4:45pm, Thurs 3:45—4:45 pm
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## **Green Road Community Center Fall 2011 Classes**

### **Youth Classes (continued)**

**Introduction to Chess:** (ages 6-9) - Checkmate!! This class is designed for youth that want to learn how to play chess. This class will cover the basics: the pieces, the board, the moves and much more! No experience necessary.

#115341	Sept 12—Oct 3	Class Fee: \$40.00	Monday 6:30—7:15 pm
#115342	Oct 10—Nov 14	Class Fee: \$40.00	Monday 6:30—7:15 pm
#115343	Nov 21—Dec 12	Class Fee: \$40.00	Monday 6:30—7:15 pm

**Volleyball - Girls Spikers:** (ages 8-11) - Introduction to the fundamental skills and strategies of organized volleyball. Volleyball requires development of the following individual skills: forearm pass, set, spike, block, dig, and serve. In addition, students will gain an understanding of elementary team strategies. Students will learn to practice effective communication with teammates. Oh yeah, and have FUN!!!

#111956	Sept 4—25	Class Fee: \$36.00	Sunday 4:30—5:30 pm
#111957	Oct 2—23	Class Fee: \$36.00	Sunday 4:30—5:30 pm
#111958	Nov 6—Dec 4	Class Fee: \$36.00	Sunday 4:30—5:30 pm